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ABSTRACT

This book offers insights on and techniques for dealing with emotional demands in the classroom, noting how highly effective teachers deal with such demands and how they gain help and support from their colleagues and administrators. Based on extensive interviews with educators and others nationwide, the book explains what gives them energy, how they handle energy-draining situations, and how they cope with the never-ending emotional roller coaster. The 14 chapters focus on: (1) "The Energy to Teach"; (2) "Taking Stock"; (3) "Setting a Clear Direction"; (4) "Structure the Class for the Release of Student Energy"; (5) "Tap the Energy Source in the Curriculum"; (6) "Build Energy with Colleagues"; (7) "Create Energy Through Learning"; (8) "Take Energy from Assessment"; (9) "Exchanging Energy With Parents"; (10) "A State Gives Energy: The Maine Model"; (11) "A Portrait in Energy: Virginia Secor"; (12) "Energy in the Workplace"; (13) "Principals and Teachers Build Energy"; and (14) "Explore More Lasting Sources of Energy." (Contains references.) (SM)

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